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standard for perfection, though simple, disqualifies nearly everyone. A perfect push-up is slow and deep with a body absolutely perfectly straight and taut. We've listed the most common push-up faults below. Not one in fifty guys with a 300-pound bench press can do 50 honest push-ups! So, what is an honest push-up? An honest push-up moves slowly from full ... The Push-Up - CrossFit -

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